



ETHIOPIAN TIMATIM SALAD WRAPS



INGREDIENTS

For the salad:

4 salad tomatoes – diced

½ red onion or 4 spring onions – finely diced

¼ cucumber – diced

1 green pepper – deseeded and finely diced

For the dressing:

2 dessertspoons vegetable oil

2 teaspoons lemon juice

½ teaspoon garlic granules

½ teaspoon Ethiopian Berbere seasoning

For the wrap:

4 wholemeal **wraps**

4 teaspoons reduced fat houmous

handful of spinach leaves

50g grated cheddar **cheese** (optional)

EQUIPMENT

chopping board, sharp knife, mixing bowl,

can opener, sieve or colander, jug,

dessertspoon, teaspoon

SERVES: 4

PREP TIME: 15 minutes

COOK TIME:

ALLERGENS: cereals containing gluten,
milk

METHOD

- 1** Prepare the vegetables and place in a mixing bowl.
- 2** In a jug, whisk together the oil, wine vinegar, lemon juice, spices, herbs and black pepper. Pour over the vegetables and mix gently.
- 3** To make the wraps, spread the houmous over the wraps using the back of the teaspoon or table knife. Then scatter the spinach leaves over the middle of the wraps and top with the Timatim salad and cheese (if using).
- 4** To roll up the wraps, fold over two opposite sides to seal the edges and then roll up firmly to enclose the filling. Cut in half to serve.



WRAP SALAD TIMATIM ETHIOPIA



INGREDIENTS

Ar gyfer y salad:

4 tomato – wedi'u torri'n eithaf bach

½ nionyn coch neu 4 sbiolsyn – wedi'u sleisio'n denau

¼ ciwcymbr – wedi'i sleisio

1 pupryn gwyrdd - wedi tynnu'r hadau a'i sleisio'n denau

Ar gyfer y dressin:

2 llwy bwdin olew llysiâu

2 llwy de sudd lemwn

½ llwy de gronynnau garlleg

½ llwy de sbeis Berbere Ethiopiaidd

Pupur du

Ar gyfer y wraps:

4 tortilla gwenith cyflawn

4 llwy de hwmws braster is

Llund llaw o ddail sbigoglys

50g caws Cheddar aeddfed braster is (dewisol)

EQUIPMENT

bwrdd torri, cyllell finiog, powlen gymysgu,

agorwr tuniau, gogor neu golandr, jwg,

llwy bwdin, llwy de

DIGON I: 8-10

AMSER PARATOI: 20 munud

AMSER COGINIO: 10-15 munud

ALLERGEDD: grawnfwydydd sy'n cynnwys glwten, llaeth, wy

DULL

- 1 Paratowch y llysiâu a'u rhoi mewn powlen gymysgu.
- 2 Mewn jwg, chwisgiwch yr olew, sudd lemwn, perllysiâu a'r pupur du gyda'i gilydd. Tywalltwch dros y llysiâu a chymysgu'n ofalus.
- 3 Taenewch yr hwmws dros y tortilla gyda chefn llwy neu gyllell. Rhowch y dail sbigoglys ar ganol y tortillas a rhowch y salad Timatim a'r caws (os ydych yn ei ddefnyddio) ar ben y dail.
- 4 I wneud y wrap plygwch ddwy ochr i'r tortilla i mewn tua'r canol i selio'r ymylon ac yna'i rowlio i fyny'n dynn. Torrwch nhw yn eu hanner i'w gweini.